

# Best Liver Pate Ever

I never thought I could consume liver in anything but



dessicated form, encapsulated.

Then I became a regular at the [Weston A Price Foundation](#) conferences and at least ate liver during the meals where the gourmet chefs were preparing it for all the attendees.

After 8 years of reading over and over again about the nutrient density of this superfood, [liver](#), I figured I better come up with a palatable way to consume it that was easy to make.

I think I've done it. In fact, my dear friend Allison, says it's the best she's ever had. So I figured I better share the recipe with others who want to add it to their diet.

Here you go:

## **Best Liver Pate Ever**

What you need:

About 8 ounces of chicken livers (de-veined)

5 medium cloves of garlic (or use as much as you like)

1/3 cup bacon grease (can sub coconut oil or butter, but the taste will be different)

5 slices of grass-fed bacon

1 large red onion (mine was about 3.5 inches)-chopped

2-3 sprigs of fresh parsley

2 sprigs of fresh basil (or about 8 leaves)

1/4 cup Reisling (or whatever wine you have on hand)

1/8 tsp sea salt

What to do:

Crush the garlic cloves and set aside to [activate the good stuff in it](#).

Cook up the bacon, then set it aside and break/cut it into 1-2 inch pieces when it cools.

Add the onion and bacon grease and cook on low, covered for about 10 minutes, stirring occasionally.

Add the livers and garlic and cook about 10 minutes more. You may need to bump the heat up a tad. Then add the wine, greens and salt, cover and put on the lowest heat possible for about 5 minutes.

Pour everything in the pan into a powerful blender or food processor. Add the bacon and whip it up until it's smooth. (It will not look really pretty – sorry. I suppose you could add 1/4 beet to pink it up if you like beets)

How to eat it:

If you love pate, eat it plain.

If you love sourdough toast, spread it on.

If you love carrots and veggies, dip it.

If you are new to liver, mix a tablespoon into your soup or casserole.

If you are a bone broth lover (and want to down the liver quickly) – add a tablespoon or 2 to your broth and drink it down.

I recommend that you consume your creation within 4 days of making it. Store pate in a covered glass container. You can pour melted butter over it for storage purposes, but folks like myself who are casein sensitive should avoid that practice.

Wishing you **real** food – it's the new medicine, you know.